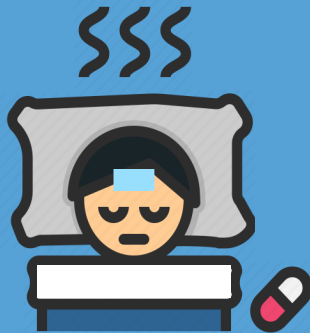


## WHEN TO END ISOLATION

### SYMPTOM BASED STRATEGY



#### IF YOU HAVE COVID-19 SYMPTOMS AND ARE ABLE TO RECOVER AT HOME, EVEN IF YOU ARE VACCINATED



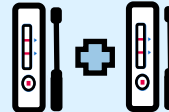
You can leave your separate room and home when at least 5 days have passed since symptoms began and your symptoms have ended or improved and you have had no fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers).



Wear a mask around people until day 10 to minimize the risk of infecting others.



(If you can not mask due to disability or if the individual is under age 2, continue to stay home for 10 days.)



End wearing a mask sooner than day 10 by testing after day 5. Two negative antigen tests (at least 48 hours apart) are required. And, you no longer feel sick.

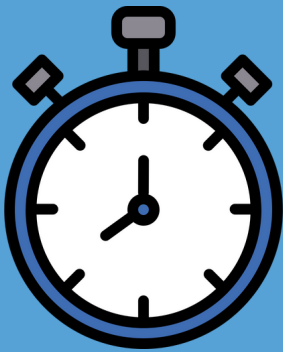


#### When counting days:

Day 0 is your first day of symptoms.

Day 1 is the first full day after your symptoms developed.

### TIME-BASED STRATEGY



#### IF YOU TEST POSITIVE FOR COVID-19 BUT NEVER HAD SYMPTOMS, EVEN IF YOU ARE VACCINATED



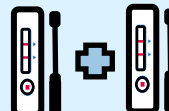
You can leave your separate room and home when at least 5 days have passed since the date of your first positive test and you continue to have no symptoms since you were tested. If you develop symptoms after beginning isolation for a positive test result, restart isolation following the symptom-based criteria above. Your 5-day isolation period will start over.



Wear a mask around people until day 10 to minimize the risk of infecting others.



(If you can not mask due to disability or if the individual is under age 2, continue to stay home for 10 days.)



End wearing a mask sooner than day 10 by testing after day 5. Two negative antigen tests (at least 48 hours apart) are required.



#### When counting days:

Day 0 is your first day of symptoms.

Day 1 is the first full day after your symptoms developed.

### EXPOSED TO COVID-19?



#### THE CDC NO LONGER RECOMMENDS QUARANTINING IF YOU ARE EXPOSED



You have been exposed if you were within six feet of someone who is sick with COVID-19 for 15 minutes or more, or have been told that you were exposed:



- Immediately wear a high-quality mask when around others and do not go places where you are unable to wear a mask for 10 days or follow CDC's travel guidance.
- Take extra precautions if you will be around people who are more likely to get very sick from COVID-19.

#### IF YOU HAD SEVERE ILLNESS FROM COVID-19 OR A HAVE A WEAKENED IMMUNE SYSTEM

Even if you have been vaccinated your isolation timeline may need to be extended to protect you and others. Isolation is recommended for at least 10 days and can be extended for up to 20 days. Testing may be needed to find out when it is safe for you to be around others. Talk with your medical provider before ending isolation.

**Healthcare Personnel** with confirmed or suspected COVID-19 should check out the Department of Health's most recent guidance before returning to work.



# RESOURCES ARE AVAILABLE

**WHERE CAN I GET TESTED FOR COVID-19?**

A map of [testing locations](#) in Pennsylvania.

**HOW DO I LOOK UP LOCAL GUIDANCE?**

Remind yourself to check the [COVID Community Level](#) tool often so that you can follow the guidelines that are customized for your county's hospitalization and case rates.

**WHO ARE CLOSE CONTACTS?**

A close contact is anyone providing care for a person with COVID-19, living with a person who has COVID-19, or anyone who has been within six feet of a person who has COVID-19 for 15 minutes or more. A person with COVID-19 is considered to be contagious starting from two days before they became sick (or two days before test was taken if they never had symptoms) until they meet the standards to end isolation.

**IF MY TEST IS NEGATIVE AM I CLEAR?**

No, the U.S. Food and Drug Administration (FDA) advises [repeat testing](#) following a negative test result from any at-home COVID-19 antigen test, to reduce the risk that an infection may be missed and to help prevent people from unknowingly spreading the virus.

**WHERE CAN I GO WHEN IN ISOLATION?**

As much as possible, [stay home](#) in a specific room and away from other people and pets in your home. Do not visit public areas. If you must leave, wear a mask.

**ANSWER YOUR PHONE**

If you test positive for COVID-19, a public health staff member may try to call you. They may conduct an investigation or share a form to collect information on the people and places you came in contact with while you were infectious.

**FRAUD ALERT**

The Health Department will never ask for your financial info; including social security, banking, or credit card numbers.

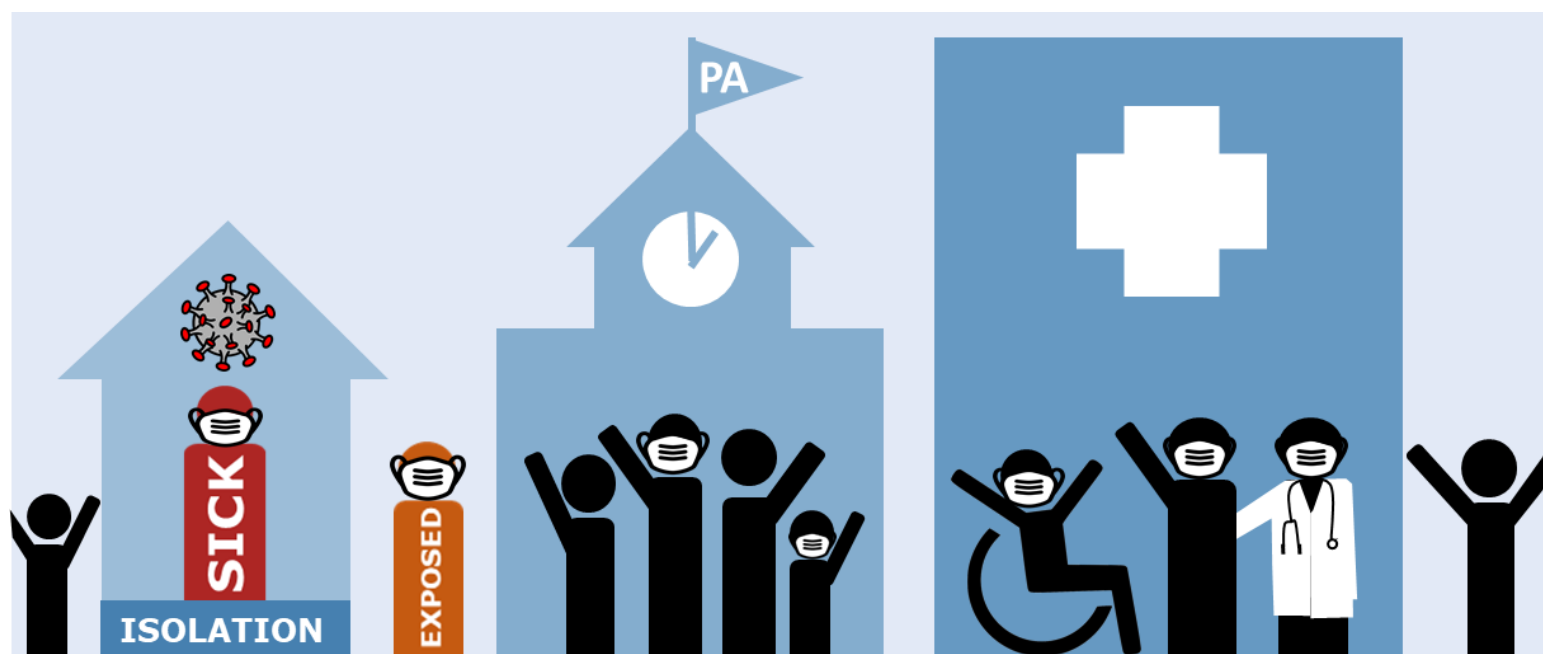
## NEED HELP?



**1-877-PA-HEALTH**  
(1-877-724-3258)



Or, text the Crisis Text Line:  
**Text 'PA' to 741-741**  
for free, 24/7 crisis counseling



**Following isolation guidelines keeps schools, businesses and communities open and protected.**